

5 A Day Recipes

Desserts and Snacks

Low-fat Ranch Dip

Makes 2 cups

Provides 1 vegetable serving per ½ cup portion

This fabulous dip is full of cancer-fighting nutrients and it contains the secret of a good dip-texture. The secret is beans. It's true! Canned Great Northern beans can be pureed to a silky smoothness and then made into a delicious ranch-type dip. Whiz a can of rinsed and drained beans in a blender with up to ¼ cup of water for 2 whole minutes and then scrape into a bowl. Now add ½ cup of plain yogurt, a tablespoon of roasted garlic, a pinch of cayenne pepper, and some finely chopped chives, parsley, and dried tarragon. Mix and serve with fresh spring vegetables like carrots, asparagus, and sugar snap peas. You'll get great taste with every bite.

- 1 15-ounce can Great Northern beans, rinsed and drained
- ¼ cup water
- ½ cup plain low-fat yogurt
- ½ teaspoon garlic powder or 1 tablespoon of roasted garlic
- pinch cayenne pepper
- ¼ teaspoon pepper
- 1 tablespoon chopped fresh chives
- 1 tablespoon chopped fresh parsley
- ¼ teaspoon dried tarragon
- ¼ teaspoon salt
- 1 tablespoon lemon juice

1. Whiz the beans and garlic in a blender, adding enough water to achieve the desired consistency. Blend for 2 full minutes to make it silky-smooth. Use a spatula to scrape the mixture into a medium bowl.

2. Stir in the yogurt, cayenne, chives, parsley, and tarragon, salt and lemon juice. Serve in a bowl surrounded by spring vegetables such as sugar snap peas, tiny radishes, baby carrots, and lightly steamed baby new potatoes.

Nutritional Analysis per serving:

40 calories
less than 1 g fat
10% calories from fat
0 g saturated fat
0% calories from saturated fat
8 g carbohydrates
246 mg sodium
2 g dietary fiber